

**Cornstarch**[New Search](#)

Refuse: 0%

Scientific Name:

NDB No: 20027 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 cup ----- 128g
<b>Proximates</b>					
Water	g	8.32	5	0.705	10.65
Energy	kcal	381	0	0	488
Energy	kj	1594	0	0	2040
Protein	g	0.26	5	0.026	0.33
Total lipid (fat)	g	0.05	3	0.025	0.06
Ash	g	0.09	4	0.003	0.12
Carbohydrate, by difference	g	91.27	0	0	116.83
Fiber, total dietary	g	0.9	0	0	1.2
Sugars, total	g	0.00	1	0	0.00
<b>Minerals</b>					
Calcium, Ca	mg	2	7	0.534	3
Iron, Fe	mg	0.47	6	0.125	0.60
Magnesium, Mg	mg	3	7	0.124	4
Phosphorus, P	mg	13	3	0.598	17
Potassium, K	mg	3	7	0.398	4
Sodium, Na	mg	9	4	2.545	12
Zinc, Zn	mg	0.06	6	0.018	0.08
Copper, Cu	mg	0.050	2	0	0.064
Manganese, Mn	mg	0.053	3	0.023	0.068
Selenium, Se	mcg	2.8	8	0.336	3.6
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0	0	0.0
Thiamin	mg	0.000	1	0	0.000
Riboflavin	mg	0.000	1	0	0.000
Niacin	mg	0.000	1	0	0.000
Pantothenic acid	mg	0.000	1	0	0.000
Vitamin B-6	mg	0.000	1	0	0.000
Folate, total	mcg	0	1	0	0
Folic acid	mcg	0	0	0	0
Folate, food	mcg	0	1	0	0



Folate, DFE	mcg_DFE	0	0	0	0
Vitamin B-12	mcg	0.00	0	0	0.00
Vitamin B-12, added	mcg	0.00	0	0	0.00
Vitamin A, IU	IU	0	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0	0
Retinol	mcg	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	1	0	0.00
Vitamin E, added	mg	0.00	0	0	0.00
Tocopherol, beta	mg	0.00	1	0	0.00
Tocopherol, gamma	mg	0.00	1	0	0.00
Tocopherol, delta	mg	0.00	1	0	0.00
Vitamin K (phylloquinone)	mcg	0.0	0	0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.009	0	0	0.012
4:0	g	0.000	0	0	0.000
6:0	g	0.000	0	0	0.000
8:0	g	0.000	0	0	0.000
10:0	g	0.000	0	0	0.000
12:0	g	0.000	0	0	0.000
14:0	g	0.000	0	0	0.000
16:0	g	0.009	1	0	0.012
18:0	g	0.001	1	0	0.001
Fatty acids, total monounsaturated	g	0.016	0	0	0.020
16:1 undifferentiated	g	0.000	0	0	0.000
18:1 undifferentiated	g	0.016	1	0	0.020
20:1	g	0.000	0	0	0.000
22:1 undifferentiated	g	0.000	0	0	0.000
Fatty acids, total polyunsaturated	g	0.025	0	0	0.032
18:2 undifferentiated	g	0.025	1	0	0.032
18:3 undifferentiated	g	0.000	1	0	0.000
18:4	g	0.000	0	0	0.000
20:4 undifferentiated	g	0.000	0	0	0.000
20:5 n-3	g	0.000	0	0	0.000
22:5 n-3	g	0.000	0	0	0.000
22:6 n-3	g	0.000	0	0	0.000
Cholesterol	mg	0	0	0	0
<b>Amino acids</b>					
Tryptophan	g	0.001	76	0	0.001
Threonine	g	0.009	11	0	0.012
Isoleucine	g	0.010	11	0	0.013

Leucine	g	0.036	11	0	0.046
Lysine	g	0.006	68	0	0.008
Methionine	g	0.006	10	0	0.008
Cystine	g	0.006	10	0	0.008
Phenylalanine	g	0.013	11	0	0.017
Tyrosine	g	0.010	11	0	0.013
Valine	g	0.014	10	0	0.018
Arginine	g	0.012	11	0	0.015
Histidine	g	0.008	11	0	0.010
Alanine	g	0.019	10	0	0.024
Aspartic acid	g	0.020	11	0	0.026
Glutamic acid	g	0.053	11	0	0.068
Glycine	g	0.009	11	0	0.012
Proline	g	0.024	11	0	0.031
Serine	g	0.012	11	0	0.015
<b>Other</b>					
Alcohol, ethyl	g	0.0	0	0	0.0
Caffeine	mg	0	0	0	0
Theobromine	mg	0	0	0	0
Carotene, beta	mcg	0	0	0	0
Carotene, alpha	mcg	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0
Lycopene	mcg	0	0	0	0
Lutein + zeaxanthin	mcg	0	0	0	0

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

[New Search](#)